

Akashic Records vs Past Life Regression: What's the Difference?

By Mamta – Akashic Records Reader & Spiritual Guide

If you've ever wondered why certain patterns keep showing up in your life—or why you're drawn to certain people, places, or experiences—you're not alone. Many of us are looking for deeper answers, and two powerful tools that can offer profound insight are **Akashic Records readings** and **Past Life Regression**.

They're both centered around understanding the soul's journey, but they work in very different ways. I often get asked which one is “better” or more accurate. The truth is: they both have their own purpose. Let me explain the difference in a way that's easy to understand, so you can choose what's right for *you*.

So, What Are the Akashic Records?

Think of the Akashic Records like a spiritual database—a sacred space that holds every detail of your soul's journey across time. It's not just about past lives, but also your present challenges, gifts, lessons, and even potential futures.

When I do an Akashic Records reading, I'm tuning into this energy field on your behalf (with your permission, of course). The insights that come through are often loving, wise, and deeply aligned with your soul's highest path. Some of the things we might explore include:

- Why certain patterns or blocks keep showing up
- What your soul came here to learn or do
- Karmic connections with certain people
- How to navigate tough decisions with clarity and trust

The beauty of the Akashic Records is that you stay fully conscious during the session. It's a peaceful, reflective experience that can bring deep “aha” moments and gentle healing.

And What About Past Life Regression?

Past Life Regression works differently. It's a form of guided meditation or hypnosis that allows you to *experience* a past life memory firsthand.

With the help of a practitioner, you're led into a very relaxed, almost dreamlike state. From there, memories or scenes from past lives may begin to surface—usually ones that are still affecting you in this life. You might uncover where a fear originated, why a relationship feels karmic, or where your soul picked up a certain emotional wound.

It's often very emotional, sometimes intense, but also incredibly healing when you're able to understand and release the energy from that old experience.

The Main Differences (In Simple Terms)

Akashic Records	Past Life Regression
You receive insights from your soul's higher wisdom	You actively explore a past life memory yourself
No hypnosis—you're fully present and aware	You're in a gentle trance-like state
Focused on soul growth, big-picture patterns, and guidance	Focused on healing a specific past-life event or emotion
Ideal if you want clarity and direction	Ideal if you want to revisit and resolve a specific karmic issue

Which One Should You Choose?

It depends on what you're looking for.

If you're feeling confused, stuck, or in need of loving guidance about your life path, relationships, or purpose—**Akashic Records readings** offer beautiful clarity and healing.

If you're curious about past life experiences or want to heal something that feels *deeply rooted* (but you can't explain why), **Past Life Regression** might be a better fit.

I always encourage people to listen to their intuition. Sometimes we feel a pull toward one method without even knowing why—and that's your soul guiding you.

A Personal Note from Me

Over the years, I've seen how both these methods can change lives. Whether it's the gentle wisdom of the Records or the emotional release of regression, both are paths to healing and remembering who you really are.

If you feel drawn to the **Akashic Records**, I'd be honored to hold space for you and help you reconnect with the guidance your soul is always offering.

With love,

Mamta ✨

Akashic Reader & Spiritual Guide

 **Ready to Explore Your Soul's Wisdom?**

Book a session with me and begin your journey of clarity, healing, and soul alignment.

 mamtaakashicreader.com